

Obesity-General Nutrition- High Blood Pressure- (Continued)

- Cholesterol:
 - ⇒ 66.7% of Tennesseans have had their cholesterol checked in the past 5 years (1995)
 - ⇒ 18.7% of Tennesseans were told it was high by a health professional (1995)
- Sedentary Lifestyle:
 - ⇒ 65.6% of Tennesseans reported a sedentary lifestyle in 1994
 - ⇒ 60.9% of Tennesseans reported a sedentary lifestyle in 1984
- General Health Status:
 - ⇒ 17.7% of Tennesseans reported their general health status as fair to poor (1995)
 - ⇒ 21.0% of Cheatham County residents reported their health status as fair to poor (1996 Cheatham County BRFS)
- 77% of residents have not been given any advice about their weight according to the 1996 Behavior Risk Factor Survey. Dr. Brown noted the lack of primary care physicians may explain this lack of preventive medicine. He is aware that a physician at Cheatham Medical Center saw 102 patients in one day. With that volume of patients, the physician does not have time to do anything but write prescriptions.

6. Elderly Care and Cost (104 Points)

- Population statistics reveal 9% of the county population and 13% of the State population are age 65 or above. Also according to the 1990 census, 15% of county householders are age 65 and up compared to 21.8% of State householders. The Elderly Nutritional Program (Meal on Wheels) is provided through the Mid-Cumberland Human Resource Agency. This agency is affiliated with the Senior Citizen's Center.
- In July 1997, 957 meals (serving an estimated 43 people Monday-Friday) were provided in the county. Of that number, 246 meals (serving an estimated 11 people daily) were delivered at the Senior Citizen's Center. Meals are free for qualified people age 60 and above. Qualified citizens under age 60 can receive the meals at a cost of \$4.16 each. It is presumed many qualified residents for the Elderly Nutritional Program do not participate because of their pride in taking care of themselves.
- The "Disability Status: 1990" furnished by the Commission on Aging, indicates a smaller percent of county residents, as compared to other counties in the state, reported a disability that prevents them from working, or limiting their mobility or self-care. The data reveals this is true of persons 16 to 64 years, persons 65 years and over, and percent in the labor force of persons 16 to 64 years adversely affected by a disability or limitation. Council members again pointed to the pride of residents as the reason for the positive comparison in the Disability Status.